



High Blood Cholesterol



Check Your Cholesterol and Heart Disease

Are you cholesterol smart? Test your knowledge about high blood cholesterol with the following questions. Circle each true or false. The answers are given on the back of this sheet.



- 1** High blood cholesterol is one of the risk factors for heart disease that you can do something about.

☐ T ☐ F

- 2** To lower your blood cholesterol level, you must stop eating meat altogether.

☐ T ☐ F

- 3** Any blood cholesterol level below 240 mg/dL is desirable for adults.

☐ T ☐ F

- 4** Fish oil supplements are recommended to lower blood cholesterol.

☐ T ☐ F

- 5** To lower your blood cholesterol level, you should eat less saturated fat, total fat, and cholesterol; and lose weight if you are overweight.

☐ T ☐ F

- 6** Saturated fats raise your blood cholesterol level more than anything else in your diet.

☐ T ☐ F

- 7** All vegetable oils help lower blood cholesterol levels.

☐ T ☐ F

- 8** Lowering blood cholesterol levels can help people who have already had a heart attack.

☐ T ☐ F

- 9** All children need to have their blood cholesterol levels checked.

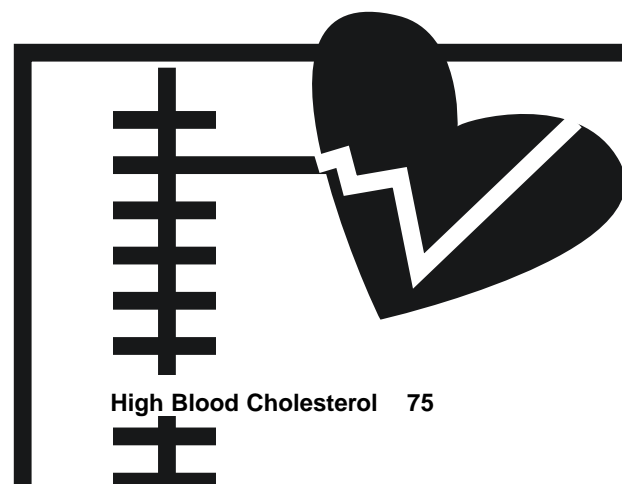
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- 10** Women don't need to worry about high blood cholesterol and heart disease.

☐ T ☐ F

- 11** Reading food labels can help you eat the heart-healthy way.

☐ T ☐ F





Answers

To The Cholesterol and Heart Disease I.Q. Quiz

- 1 True.** High blood cholesterol is one of the risk factors for heart disease that a person can do something about. High blood pressure, cigarette smoking, diabetes, overweight, and physical inactivity are the others.
- 2 False.** Although some red meat is high in saturated fat and cholesterol, which can raise your blood cholesterol, you do not need to stop eating it or any other single food. Red meat is an important source of protein, iron, and other vitamins and minerals. You should, however, cut back on the amount of saturated fat and cholesterol that you eat. One way to do this is by choosing lean cuts of meat with the fat trimmed. Another way is to watch your portion sizes and eat no more than 6 ounces of meat a day. Six ounces is about the size of two decks of playing cards.
- 3 False.** A total blood cholesterol level of under 200 mg/dL is desirable and usually puts you at a lower risk for heart disease. A blood cholesterol level of 240 mg/dL is high and increases your risk of heart disease. If your cholesterol level is high, your doctor will want to check your level of LDL-cholesterol (“bad” cholesterol). A HIGH level of LDL-cholesterol increases your risk of heart disease, as does a LOW level of HDL-cholesterol (“good” cholesterol). An HDL-cholesterol level below 35 mg/dL is considered a risk factor for heart disease. A total cholesterol level of 200–239 mg/dL is considered borderline-high and usually increases your risk for heart disease. All adults 20 years of age or older should have their blood cholesterol level checked at least once every 5 years.
- 4 False.** Fish oils are a source of omega-3 fatty acids, which are a type of polyunsaturated fat. Fish oil supplements generally do not reduce blood cholesterol levels. Also, the effect of the long-term use of fish oil supplements is not known. However, fish is a good food choice because it is low in saturated fat.
- 5 True.** Eating less fat, especially saturated fat, and cholesterol can lower your blood cholesterol level. Generally, your blood cholesterol level should begin to drop a few weeks after you start on a cholesterol-lowering diet. How much your level drops depends on the amounts of saturated fat and cholesterol you used to eat, how high your blood cholesterol is, how much weight you lose if you are overweight, and how your body responds to the changes you make. Over time, you may reduce your blood cholesterol level by 10–50 mg/dL or even more.
- 6 True.** Saturated fats raise your blood cholesterol level more than anything else. So, the best way to reduce your cholesterol level is to cut back on the amount of saturated fats that you eat. These fats are found in largest amounts in animal products such as butter, cheese, whole milk, ice cream, cream, and fatty meats. They are also found in some vegetable oils—coconut, palm, and palm kernel oils.



7 False. Most vegetable oils—canola, corn, olive, safflower, soybean, and sunflower oils—contain mostly monounsaturated and polyunsaturated fats, which help lower blood cholesterol when used in place of saturated fats. However, a few vegetable oils—coconut, palm and palm kernel oils—contain more saturated fat than unsaturated fat. A special kind of fat, called trans fat, is formed when vegetable oil is hardened to become margarine or shortening, through a process called “hydrogenation.” The harder the margarine or shortening, the more likely it is to contain more trans fat. Choose margarine containing liquid vegetable oil as the first ingredient. Just be sure to limit the total amount of any fats or oils, since even those that are unsaturated are rich sources of calories.

8 True. People who have had one heart attack are at much higher risk for a second attack. Reducing blood cholesterol levels can greatly slow down (and, in some people, even reverse) the buildup of cholesterol and fat in the wall of the coronary arteries and significantly reduce the chances of a second heart attack. If you have had a heart attack or have coronary disease, your LDL level should be around 100 mg/dL, which is even lower than the recommended level of less than 130 mg/dL for the general population.

9 False. Children from “high risk” families, in which a parent has high blood cholesterol (240 mg/dL or above) or in which a parent or grandparent has had heart disease at an early age (at 55 years or younger), should have their cholesterol levels tested. If a child from such a family has a high cholesterol level, it should be lowered under medical supervision, primarily with diet, to reduce the risk of developing heart

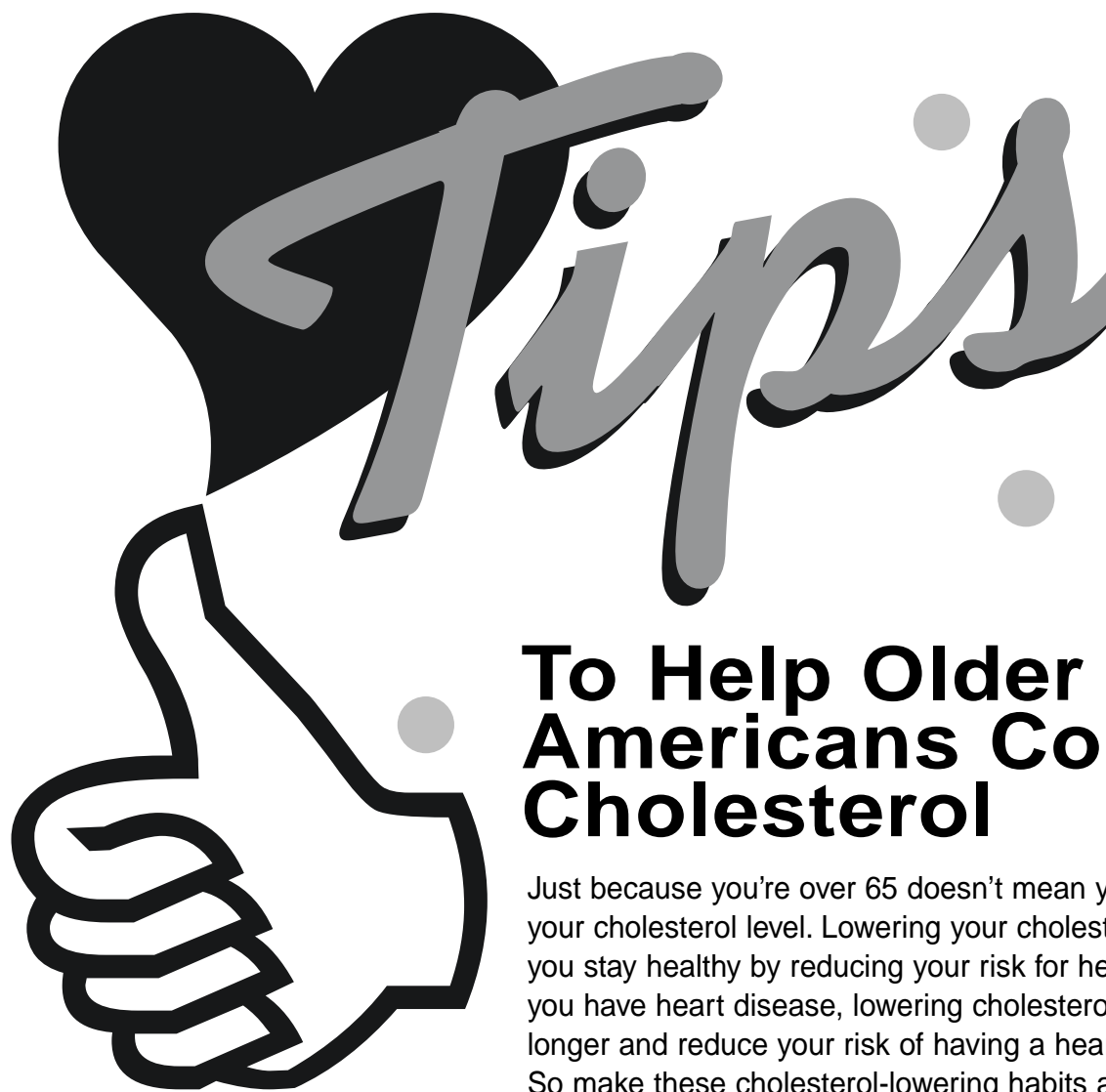
disease as an adult. For most children, who are not from high-risk families, the best way to reduce the risk of adult heart disease is to follow a low saturated fat, low cholesterol eating pattern. All children over the age of 2 years and all adults should adopt a heart-healthy eating pattern as a principal way of reducing coronary heart disease.

10 False. Blood cholesterol levels in both men and women begin to go up around age 20. Women before menopause have levels that are lower than men of the same age. After menopause, a women’s LDL-cholesterol level goes up—and her risk for heart disease increases. For both men and women, heart disease is the number one cause of death.

11 True. Food labels have been changed. Claims like “low-fat” or “light” on certain foods are government-regulated. Look on the nutrition label for the amount of saturated fat, total fat, cholesterol, and total calories in a serving of the product. Use this information to compare similar products and find the ones with the smallest amounts. If there is not a nutrition label, look for the list of ingredients. Here, the ingredient in the greatest amount is shown first and the ingredient in the least amount is shown last. So, to choose foods low in saturated fat or total fat, go easy on products that list fats or oil first, or that list many fat and oil ingredients.



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To Help Older Americans Control Cholesterol

Just because you're over 65 doesn't mean you can ignore your cholesterol level. Lowering your cholesterol can help you stay healthy by reducing your risk for heart disease. If you have heart disease, lowering cholesterol can help you live longer and reduce your risk of having a heart attack.

So make these cholesterol-lowering habits a part of your life:

Eat foods low in saturated fat, total fat and cholesterol. Good choices include fruits and vegetables, low fat and fat-free dairy products, and whole grains. Choose lean cuts of meat, skinless poultry, and fish.

Maintain a healthy weight.

Being overweight raises your cholesterol and increases your risk of getting heart disease.

Be physically active. With your doctor's okay, try 30 minutes of moderate activity a day. Walking and dancing promote coordination, and light weight-lifting strengthens bones. Pressed for time? Divide those 30 minutes into three 10-minute sessions.

Take your medicine if prescribed.

If your doctor has prescribed cholesterol-lowering medication for you, it is important that you take it every day in addition to following heart-healthy habits.



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